

The Emotion Regulation Skills System

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Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for adults with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life. The book features ideas for scaffolding learning, a sample 12-week group curriculum that can also be used in individual skills training, and numerous **practical tools**, including 150 reproducible handouts and worksheets. The large-size format facilitates photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

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Chapters Include:

1. Introducing the Skills System
 2. Learning the Skills System
 3. Theoretical Underpinning of the Skills System
 4. Structuring Skills System Instruction
 5. Foundational Teaching Strategies
 6. E-Spiral Teaching Strategies
 7. Skills System 12-Week-Cycle Curriculum
 8. Skills Coaching Techniques
- Appendix A. Skills System Handouts and Worksheets
- Appendix B. Skills Plan Map
- Appendix C. Skills Coaching Worksheets
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